

A B S T R A C T

A runner for a motor vehicle seat, said runner comprising a fixed rail and a moving rail, a latch and an
5 actuating element. Retaining device for retaining the
actuating element are adapted to co-operate with
longitudinal indexing system on the fixed rail so as
firstly to hold the actuating element in the unlocking
position over at least one predetermined range of
10 longitudinal positions, and secondly to allow the
actuating element to move into the locking position
outside the at least one predetermined range of
longitudinal positions.